EXERCISE LOG

Track your fitness and strength training progress.

GOALS: _____

DATE: _____ WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ DAY: M Tu W Th Fr Sa Su

EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

DATE: _____ WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ DAY: M Tu W Th Fr Sa Su

EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

DATE: _____ WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ DAY: M Tu W Th Fr Sa Su

EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

*1RM - One Rep Max (for reference)

**Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard

Copyright © 2009 by Vertex42 LLC. All rights reserved.

http://www.vertex42.com/ExcelTemplates/exercise-log.html